

## ABSTRACT OF THE DISCLOSURE

An organic EL film is provided, which can convert triplet excitation energy into emission light using a polymer material. Also, an organic EL element is provided, which has high light-emitting efficiency and higher mechanical and thermal reliability than that in the conventional organic EL element by using the organic EL film. The present invention is characterized in that a polymer material with a heavy atom introduced on a chain or a polymer material doped with molecules containing a heavy atom is used for the organic EL element to introduce the heavy atom effect. In both the materials, the types of heavy atoms include a halogen element (particularly bromine or iodine), a metallic element, and the like. A rare gas element can also be used.